

Who are we and what do we do?

- We are a multidisciplinary team whose goal is to keep your heart health while you receive your cancer treatment.
- We monitor all who receive cancer therapy that may cause heart issues. This is also called cardiotoxic treatment.

How do we monitor you?

- Echocardiograms, also called Echo, are ultrasounds of the heart that check how the heart is working

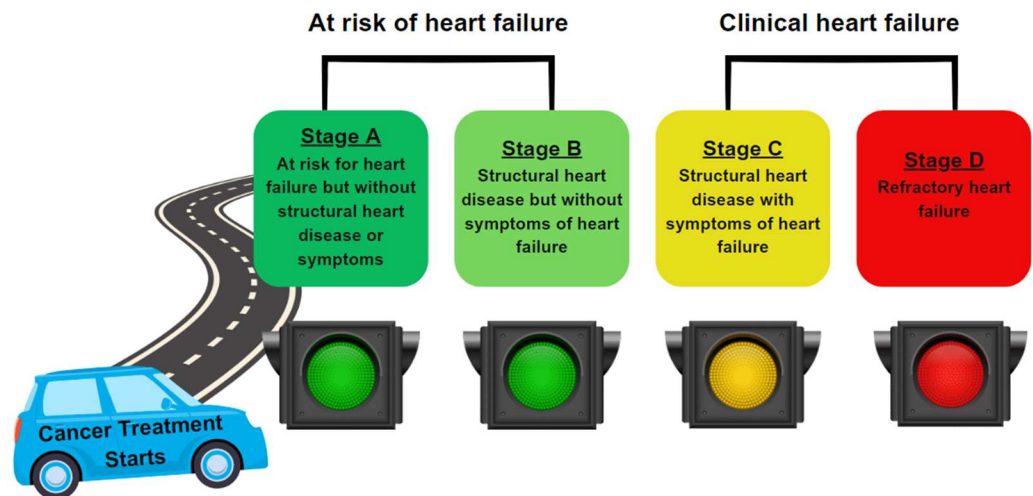


- We review all Echos required during your cancer treatment
- Other ways we check your heart health:
 - Cardiac magnetic resonance imaging (CMR) – checks the function and structure of the heart in a very accurate way
 - ECG/EKG – checks the electrical activity of the heart
 - Blood tests – these can be done along with your routine oncology blood draws
 - Cardiac CT – provides a detailed picture of your heart and blood vessels. Not commonly used, but is a helpful tool if needed
- Important values measured in the Echo are:
 - Ejection fraction (EF) – 55% or higher is normal
 - Shorten fraction (FS) – 29% or higher is normal
 - Global longitudinal strain (GLS) –17% or higher is normal



Why do I see a Heart Failure diagnosis on my MyChart?

- When we check heart function, we use what is called the “heart failure stages”
 - **Stage A:** Your heart is healthy. You will be getting treatment that might affect your heart. This means we need to check your heart so it stays healthy.
 - **Stage B:** Your heart is still working well, but there may be small changes seen when we image your heart.
 - **Stage C & D:** Your heart is showing signs of damage. This could be reversible. This doesn't happen a lot. In these stages you will have symptoms that limit your ability to be active. We hope that by finding issues early we can prevent stages C and D.



Our team works closely with your primary oncology team. A consult will be placed if your heart health has any changes.

- We would see you at our cardio-oncology clinics. Staff you may see include: oncology, cardiology, nutrition, physical therapy, and endocrinology
- Medications can be used to protect your heart.
- Medications can also be used to treat changes in your heart. If this medication is needed you will keep taking this until you finish treatment.
- Cardiology can be reached at 860-545-9400.

What can you do to keep your heart healthy?

- We encourage physical activity as tolerated.
- We encourage a heart healthy diet. If you want more information we can refer you to the oncology registered dietitian.
- We encourage no smoking/vaping if applicable.